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Maria M. Ojeda

*Baptist Health South Florida*, mariaoj@baptisthealth.net

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# Obesity Interventions: Comparing Two Theoretical Approaches

Maria M. Ojeda, MSN, MPH, ARNP-C<sup>1,2</sup>

<sup>1</sup>Goldfarb School of Nursing at Barnes-Jewish College (DNP/PhD Student)

<sup>2</sup>Baptist Health South Florida, Inc.

## Introduction

- Obesity is a major contributor to the burden of chronic diseases.
- U.S. Obesity prevalence has been increasing<sup>1</sup>.
  - 1990 Obesity prevalence < 15%
  - 2011 Obesity prevalence > 35%
- Most determinants of obesity are social and behavioral.
- While social determinants may be addressed through regulatory actions, changing personal behavior is more challenging.
- There are a multitude of theories of behavior change within the psychosocial literature.

## Objective

- Theory comparison is a process that helps us determine whether different theories are actually composed of similar constructs or whether they contain unique contributions.
- Theories Compared
  - Theory of Planned Behavior (TPB)<sup>2</sup> – non-nursing
  - Health as Expanding Consciousness (HEC)<sup>3</sup> – grand theory of nursing

## Methods

- Utilized Fawcett's<sup>4</sup> framework for Comparison - analysis, synthesis and critique
  - Components
    - Scope, core assumptions, and conceptual models
  - Application
    - Specific to obesity praxis
  - Outcome
    - Spheres of convergence and divergence

## Findings

### Components

	Theory of Planned Behavior	Health as Expanding Consciousness
Scope	Narrow – Prediction of & evaluation of specific behaviors.	Broad – Description & exploration of persons in interaction with their environment.
Core Assumptions	<ul style="list-style-type: none"> <li>- intention immediately precedes behavior.</li> <li>- Intentions are determined by attitudes, subjective norms, and behavioral control.</li> <li>- Attitudes, subjective norms and behavioral control are a function of underlying behavioral, normative &amp; control beliefs.</li> <li>- Behavioral, normative and control beliefs may vary as a function of a wide range of background factors.</li> </ul>	<ul style="list-style-type: none"> <li>- Every person in every situation is part of the process of expanding consciousness.</li> <li>- The pattern of life is towards higher consciousness.</li> <li>- Health &amp; illness are a single process with varying manifestations.</li> <li>- Disease is a manifestation of the underlying person-environment pattern.</li> </ul>
Conceptual Model	Beliefs, Attitudes, Norms, Control	Pattern, Consciousness

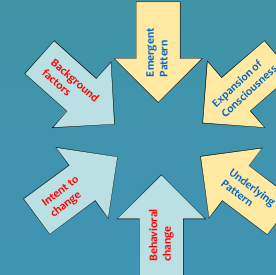
### Application

- Application in the Research Literature
  - TPB – extensive
    - Quantitative studies - specific norms, beliefs, values that predict specific obesity-related behaviors.
  - HEC – single<sup>5</sup>
    - Qualitative study - individual and shared patterns of women who maintained long-term weight loss.

### Outcome

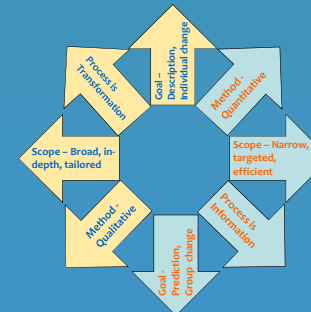
- Three spheres of convergence and four spheres of divergence between the TPB and HEC theoretical models were identified.

### CONVERGENCE



Key:  
HEC  
TPB

### DIVERGENCE



Key:  
HEC  
TPB

## Conclusions

- The theories complement each other in potential application.
- TPB application best for:
  - Groups with high obesity prevalence
  - Group intervention research
  - Assessing the adequacy of operational concepts in standardized instruments
- HEC application best for:
  - Individualized interventions
  - Studies involving the use of self-reflection as intervention
  - Uncovering emotional and subconscious contributors to the status of obesity

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